Health and Beauty

There are thousands, indeed millions, of women who would give a great deal to lose just ten pounds and keep those ten pounds off. They have tried, and just can't seem to make the grade.

I have heard many people say they stayed with their diet for three, four or five days and did not lose a pound, so they considered their case hopeless and began to eat as they pleased again.

Aside from the possibility of having some organic reason for not being able to lose (and there are only a very small percentage of cases in this group) the chances are quite good that one of two situations may have kept these people from losing weight.

One is that losing weight is a very personal thing, and we all do it at a different rate of speed. There are many of us who must stick to a diet for as long as a week before we can really see results. We become discouraged after a few days, and give up.

Another and the most common cause are hidden calories. That bite of pie you could not resist at lunch, that small sip of coke, or that taste of buttered roll junior left on his plate, they all add up —and at the end of the day may be enough to prevent weight loss.

Alcohol intake is best cut off completely during a dieting period. There are tremendous numbers of calories in a drink containing alcohol. On top of this, it stimulates your appetite and dulls your senses, so you may, for the moment, not care if you do discard your diet.

You are making dieting much too hard for yourself when you take that social cocktail.

Any kind of fat contains concentrated calories, so you must watch your fat intake with care. Fried foods are out. However, your body needs some fat, so make sure it receives high-quality fat such as that found in butter, cheese, milk, and oleo.

Consult your doctor about your diet, or at lease let him read the diet you are planning on undertaking.

In Fashion Now

Modern science and fashion designers continue to devise new materials for clothing and interlinings to make garments more attractive and becoming as well as more comfortable.

Newest item in this department is a plastic foam that insulates and has great warmth. A most important feature of this new material is the fact that there is no clumminess for the wearer.

The fabric is featherweight and available in three thicknesses. The foam interlining is being used in everything from pajamas, (wonderful to sleep in), to rainwear and sports jackets.

Because of the different thicknesses, the thinnest being about one sixteenth of an inch, there is virtually no bulk. It is quilted in taffeta pajamas, for example.

Under woolens and other fabrics, the new lining helps shed wrinkles and holds the original shape of the garment. It will have special charm for back-to-school clothes.

The elimination of clumminess for the wearer is due to the construction of the foam. Thousands of tiny air cells permit the air to circulate through the fabric, or "breathe."

These new linings are easy to care for, and their cleaning is indicated by the actual fabric the garment lined is made of.

Stonewall

Stonewall, Sept. 7.- Let all hope and pray that today, Labor Day, will be a safe dry for all who are driving on the highways.

So glad to know that Mrs. Addie Tanner is home from the hospital, and is improving at her home here. Hope she will soon be well again.

Mr. and Mrs. Irby Wheeler are very proud of another granddaughter, born to Mr. and Mrs. Harold Jones in Lynchburg Hospital last week. We congratulate them, and the happy parents.

Mr. and Mrs. Lester Carson and Mr. W. E. Bondurant Sr. spent Sunday in Lovingston with Mr. and Mrs. Thornhill Carter and family.

Mr. and Mrs. Jack Caldwell Jr. and Cathy attended the Caldwell and Marshall reunion at Spout Springs on Sunday.

Mr. Howlette Drinkard Sr. motored to Staunton last Wednesday to take his son, Lee back to school for the winter.

Mrs. Wallace Bondurant and family and Mr.and Mrs. Tom Davidson and children spent Sunday at Rustburg with Mr. and Mrs. W. T. Younger and Mrs. Ruby Oaks.

Mr. and Mrs. C. D. Carson and Mr. and Mrs .E. L. Chick visited Mr. and Mrs. W. C. Chick in the home of Mr. and Mrs. J. P. Carson on last Friday evening. They returned to their home in Norfolk on Saturday morning.

We are all glad to know that Mrs. C. M .Stratton has returned home from the hospital, much improved. Miss Berta Powell, of Richmond, is spending some time in the Stratton home.

Mr. C. D. Drinkard, Mr. and Mrs. Alex Cyrus, Mrs. Henry Beard and Lawrence visited Mr. and Mrs. E. L. Chick over the week-end.

Mrs. W. R. Stratton, of Appomattox spent Sunday with relatives here. She is always welcome back home.

Mr. and Mrs. Rufus Burnette, Mr. and Mrs. Hugh Bmford and Mrs. J. E. Burnette attended the funeral of their brother-in-law, Mr. Tom Spiggle in Roanoke last week. We extend deepest sympathy to the entire family.

Mr. and Mrs. Bernard Gibson and Janet spent Sunday with her parents, Mr. and Mrs. Harmon Jennings.

Miss Charlene Thomas, of Richmond spent the week-end with her parents, Mr. and Mrs. Lyle Thomas.

Mr and Mrs. Howlette Drinkard Jr. and Mrs. Clifton Drinkard, of Lynchburg spent the week-end with Mr. and Mrs. H. F. Drinkard, Sr.

Mr. and Mrs. O. R. Turnes visited at Gladstone with Mr. and Mrs. Hugh Brown and family on Sunday.

Mr. and Mrs. Melvin Moore visited with Mr. and Mrs. Claude Jennings last week. Glad to know that Mrs. Jennings is improving after being in the hospital for some time. Hope she will soon be real well.

Mr. and Mrs. Lester Carson stopped by on their way home from Lovingston Sunday to see Mr. B. W. Hamilton. He's always so glad to see anyone from here, where he lived for a long time, and was loved by all who knew him.

Colored Dots

An overflow crowd attended the funeral for the late deacon Charlie Coleman of the First Baptist Church last Sunday at 2 P. M. The following order of service was very effectively carried out by Rev. Garland Thompson, pastor of the church: Processional, Nearer My God to Thee, choir; opening hymn, My Faith Looks Up to Thee, choir; Scripture reading, Rev. C. A. Marshall; prayer, Rev. L. A. Wilson; selection, 'Tis So Sweet to Trust in Jesus, choir; remarks, Mrs. Louise Canada, Rev. L. A. Wilson, Rev. C. A. Marshall, Rev. R. A. Edwards, Rev. J. A. Shelton, Rev. C. L. Elliott, and Rev. R. Q. Lawing, who acknowledged cards of sympathy, telegrams and resolutions. The pastor of the church delivered the eulogy and read the family obituary. The choir sang, "Christ is All," a favorite selection of the deceased. The recessional was, "God Will Take Care of You." The deceased was one of the founders of the church and the last living one. He had served the church as a deacon, Sunday School superintendent, and trustee and sexton. He leaves the following: his wife, Mrs. Judy Coleman; two daughters, Mrs. Dorothy Bell, of West Va.; Mrs. Mae Frances Statin, of New York City; one son, Rosser Coleman, of Baltimore, Md.; one sister, six grandchildren, and a host of nieces, nephews and other relatives and friends.

Impressive services were held at the Galilee Baptist Church last Sunday. The pastor delivered a special sermon from the subject: Selling Out. All present enjoyed the message. A few visitors attended the service. The offering for the day was very good.

Mrs. Lucille Martin, of New York City spent the week-end here as the guest of her aunt, Mrs. Lucy Stephens.

Mrs. Virginia Harvey and family and her sister, Aurto, of New York spent the holiday here as the guest of Miss Nettie Harvey.

Mrs. Octavia Caldwell and her husband and two daughters, of New York spent the week-end as the guest of her mother, Mrs. Mary McDaniel.

The annual revival conducted at the First Baptist Church last week by the Rev. C. L. Brown, of the Sulphur Spring Baptist Church, was enjoyed by all who attended. Friday evening was the highlight of the meeting. Music was furnished by the Sulphur Church choir. The pastor of the church gave some very helpful remarks.

The public is cordially invited to attend the regular preaching services at the Mount Shiloh Baptist Church this Sunday at 11:30 A. M.

The officers, members and friends are cordially invited to attend the regular evening services at the Promise Land Baptist Church this Sunday at 8 P. M.

Mrs. Helen Walker and sons, of New York are spending here as the guest of Mr. and Mrs. Robert Spout Spring.

Rev. and Mrs. L. A. Wilson attended the joint ordination sermon honored by Mr. and Mrs. Edward Valley, at Shiloh and Mrs. Berta P.

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Last Show, 9 P. M.
Sun., thru Thur., 1 Show Only, 7:45 P. M. Feature at 8:15 P. M.

● Fri., Sat., Sept. 11, 12
Henry Fonda in 'The Tin Star'
Also: 'HOT ANGEL'

● Sun., Mon., Sept. 13, 14
Double Feature
"TEEN-AGE WEREWOLF"
"ROCK AROUND THE WORLD'

● Tue., Wed., Thur.,
Sept. 15, 16, 17
Yul Bryner - Joanne Woodward
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QUESTIONS OF THE WEEK

(Editor's note: Here are the questions asked most frequently by Virginia farmers during the past week, as reported by county agricultural agents. Staff members of the VPI Agricultural Extension Service and/or Experiment Station supply the answers.)

Q. Is dwarfism inherited in beef cattle?

A. Yes, and the trouble has been on the increase in recent years. The use of "clean" bulls — those which do not carry the dwarf gene —will help solve the problem. Unfortunately it is now an expensive and time - consuming matter to identify clean bulls. Scientists are now working on an easier method.

Q. Will heavy fertilization affect inoculation of alfalfa seed?

A. If the fertilizer comes in direct contact with the seed, it can leave a harmful effect on both inoculation and germination.

Q. How long a dry period should dairy cattle have before they are ready to calve again?

A. At least 60 days. There will be a loss in production for every day that dry period is shortened under that. If a cow would produce 350 pounds of butterfat after a 60-day period, she will produce only around 315 pounds with a one-week dry period.

Q. When is the best time to seed a new lawn, and how much seed should I use?

A. Early fall seedings do best in Virginia. Sow 2 to 3 pounds of grass seed per 1,000 square feet. Scatter one-half in one direction and one-half in the opposite direction.

Q. When should sheep next be treated for internal parasite control?

A. In mid-November, about the time permanent pasture is finished.

Q. How and when should I fertilize my lawn?

A. On each 1,000 square feet of new lawn, spread 30 to 40 pounds of garden fertilizer such as 5-10-5 or 6-8-2 containing minor elements, if available; 15 to 25 pounds of ground limestone; and a liberal coating of compost. Work these materials into the soil, mixing thoroughly, to a depth of 4 to 5 inches. Use a disk or rotary tiller. Do not turn with a plow or spade. Then seed and mulch. Fall seedings usually do better than spring seedings in Virginia.

The best time to work on the old lawn is in late summer or early fall. Mow close and rake up loose grass. Apply fertilizer and a little lime and humus. Work these in, level the soil, and sow seed where needed. Rake, roll, and water. Apply some fertilizer each spring and fall.

Q. How should I store onions?

A. They will generally cure better if they are carried immediately after harvest to an airy, cool, dry storage place. It may be convenient to let the onions stay in the open air, with shade, until the tops are all dry. Then the tops can be cut off a half inch from the bulbs. The old-time plan of braiding the tops together and hanging the bunches in an airy shed is still one of the best as far as good keeping is concerned.

INSPECTION STICKERS

Richmond, Va.- "A cat may have nine lives but No. 9 inspection stickers expire permanently at midnight, September 30," said Captain R. B. King, State Police Safety Officer, today.

Motorists whose windshields bear this particular sticker will have only 30 days for reinspection, and Captain King stated that it would be definitely to their advantage to have it done early in the month rather than to delay and face a possible last-minute jam.

Those achieving inspection during the month of September will receive yellow stickers bearing the numeral 3, which designates the next inspection will be due before midnight of March 31, 1960.

Those delaying beyond the Sept. 30 deadline face arrest and denial of the use of their car until they are inspected. In this connection, Captain King warned that when a car is arrested for driving a car bearing an out-of-date sticker, he not only faces a court fine but is carried to legally drive his car until it has been properly inspected. Also, he said, with a few exceptions, a car owner who has let the deadline pass cannot legally drive his car to an inspection station.

Commenting on the operation of the new system of inspection, he felt it had succeeded far beyond expectations with the one relatively minor exception that the May - November and the June - December periods are somewhat overcrowded due to many motorists waiting until May and June of 1959 to have their cars inspected. "Any motorist can move out of these periods simply by having his car inspected during any month prior to his expiration month," he concluded.

KNOW THE WEATHER

By E. H. Sims

Why is it said that lightning is caused by updrafts? Is that true?

First, it is true that updrafts are the cause of lightning. So that is why updrafts are heard. Warm updrafts are the most usual producers of this spring and summer lightning electrical discharge.

Warm air rises and when it rises fast, and cools quickly, it builds up an electrical charge, which is eventually dissipated with a flash and a bang. The cumulonimbus (thunderhead) cloud is the source of strong, updrafts and lightning and thunder.

After the first big drops, and then the heavy rain, and after the low, dark leading edge of this giant cloud passes above you, at that time the danger of lightning striking you on the ground is greatest.

DOCTOR TALK

By John B. Rembert, M. D.

With polio epidemics occurring in different regions of the country it seems reasonable to assume that a large segment of our population either do not know that polio vaccinations should be obtained or else they simply are not concerned enough to receive the vaccinations.

To bring you up to date, the latest recommendations for polio vaccination will be reviewed, these recommendations having been reached after studying the data compiled since 1955. A review of the material chiefly reveals that the probability of contracting paralytic polio is reduced an average of 75 per cent for persons having received the basic 3 injections of Salk vaccine. This same data shows that in many groups of children having received the initial 3 injections the probability of contracting polio has been reduced up to 90 per cent.

It is now recommended that all persons, except small infants, receive three doses of vaccine, the second injection following the first after a period of four to six weeks. The third dose then follows in seven to twelve months time. All persons forty years of age or under should receive these injections without fail, but the vaccine may be helpful to older individuals as well.

If you are 40 years old or under and have already received the initial three injections of vaccine, the last being one year or longer ago, then you should obtain the booster injection or the fourth polio vaccination at this time.

For those parents with an infant less than six months of age, it is being advised that the polio vaccination be given at one month intervals, beginning at two to six months of age for a total of three injections. The infant's fourth injection or booster then flows in seven to twelve months as in older children and adults.

Suppose you have already had all your injections but plan a trip that will take you into an area where the polio incidence is high. Then a booster dose is advised if you have already had the series of three or even four injections. Another situation that may arise is the in which an epidemic occurs in your area .Then a booster dose of vaccine should be taken even if it has been only a month or two since your last dose, regardless of the number of previous doses you have received.

The paralytic form of polio is a dreadful disease that can affect all, rich or poor — but with the Salk vaccine now readily available medical science once again stands on the threshold of eradicating another scourge if only all will cooperate. Don't delay. Contact your family physician today for further information and advice.

800,000 CHILDREN IN SCHOOL

Richmond, Va.- Dr. Davis Y. Paschall, State Superintendent of Public Instruction and member of the Governor's Highway Safety Committee, today urged motorists to drive carefully and take every precaution to guard the safety of the 800,000 children who are returning to schools throughout Virginia this month.

Dr. Paschall said about 400,000 of these children will walk, ride bicycles, or be taken to school in public utility buses, and approximately 400,000 will be transported daily in some 4,600 public school buses.

He emphasized that Virginia law is very clear as to the responsibility of a motorist who approaches a bus which is loading or discharging school children on the highway. In such circumstances the motorist must come to a stop, regardless of the type of highway or direction of travel. He also must remain stopped until the highway is clear of children and the bus is in motion.

"We must face the fact that children sometimes don't stop and think in traffic," Dr. Paschall said, "which is all the more reason drivers must do their thinking for them." He also asked parents to explain clearly the hazards of traffic for youngsters on foot, riding bicycles and getting on or off buses.

In concluding, Dr. Paschall urged drivers to be cautious when approaching groups of school children waiting for buses, to be alert in the school areas, and to take every precaution against such actions which can result in a lifetime of remorse for a driver and a drastically shortened lifetime for a child.

Draft Board Too Late

Des Plaines, Ill.- When the local draft board sent him a call for induction into the army, Charles V. Rouille sent the summons back. He has been in the army for 36 years, and is stationed in Germany. The call was mailed to his home.

Boaters' Branch Bank

Freemont, Wis.- By next year, the people who live along the Wolf River won't have to leave their boats to do their banking.

The Freemont branch of the Appleton State Bank is building a "boat drive-in" office on the site of an old cheese factory.

Cotton futures decline in slow trading.

Johansson agrees to a March bout in Los Angeles.

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